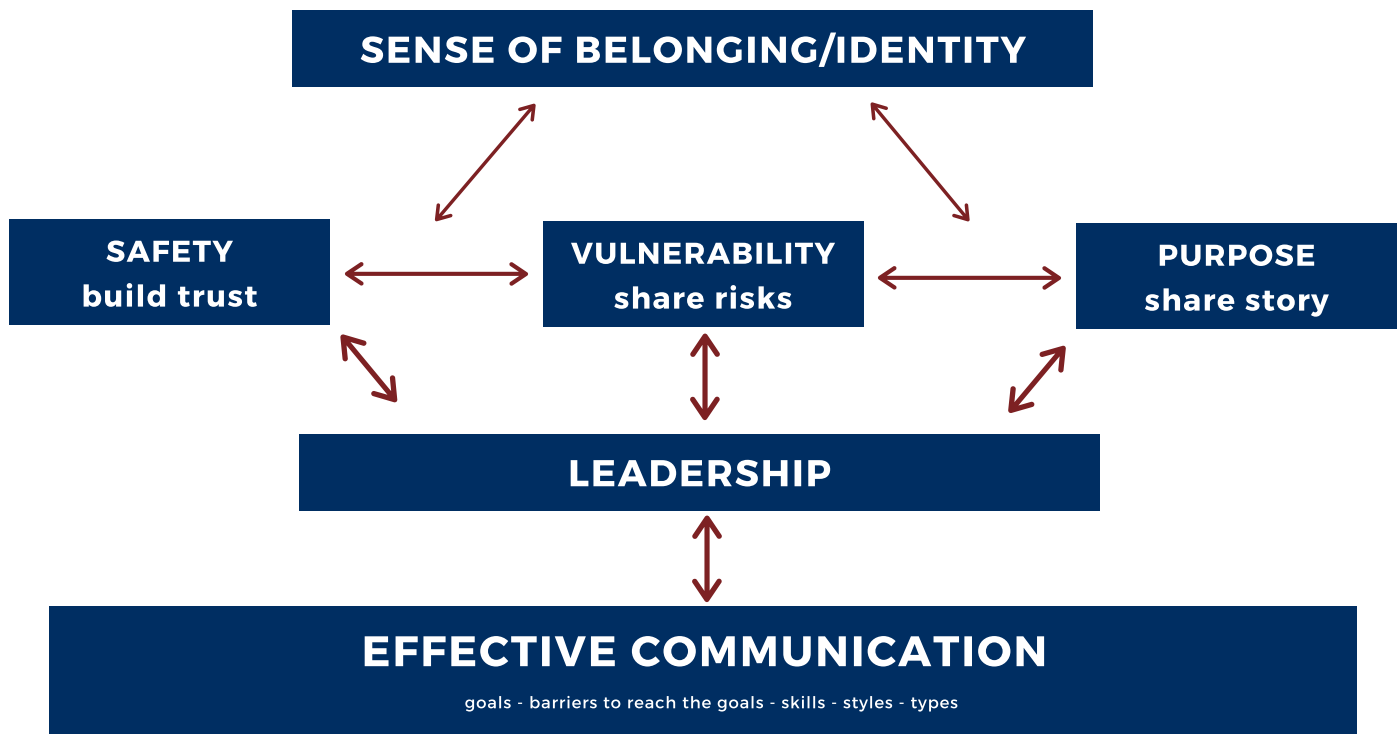


# COLLECTIVE BURNOUT PREVENTION



Delivered by: **AEE Mental Performance**

What communication entails is important to understanding what we are looking to convey within our intentional communication and what obstacles stand in the way of achieving that purpose. As we dig into the “why” of communication, we will dissect why effective communication is important by bringing awareness to the impacts it has on others, collectively, that we interact with. Trust, solidarity, collaboration, are just a few of those impacts. But, why else should we be communicating effectively, and how do the impacts of effective communication help to prevent burnout? Let’s find out...



## QUESTIONS TO CONSIDER

- Why is it important to understand communication styles and how they impact communication?
- How effectively can you adjust communication styles to help create a productive/effective communication experience?
- What role does leadership play in helping to shape an environment where effective communication is present?

If you haven't done so, please take the assessment on **COMMUNICATION SKILLS & COMMUNICATION STYLES** quiz that is attached in this week email.

